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Daylight Saving Time

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Daylight Saving Time (DST) ends at 2:00 a.m. local time Sunday, October 30, 2005. Residents of those provinces and states that observe DST will reset their clocks back one hour to Standard Time (ST) and thereby “gain” the hour of sleep that they lost in the spring. For DST watchers, 2005 was quite a year. As an energy-conservation measure, the United States Congress passed *The Energy Policy Act of 2005* that starts DST on the second Sunday of March and ends it on the first Sunday in November. DST currently runs from the first Sunday in April until the last Sunday of October. The change will commence in the spring of 2007. Congress's move initially took Canadian governments by surprise. Now, provinces and territories are considering whether to follow suit, given the strong economic ties between the two countries. On October 20, 2005, Ontario 's Attorney General, Michael Bryant, announced that Ontario 's daylight saving time regime would remain synchronized with the United States. This backgrounder will examine basic questions, history and other interesting facts related to both Daylight Saving Time and Standard Time.

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1. Introduction

Daylight Saving Time (DST) ends at 2:00 a.m. local time Sunday, October 30, 2005. Residents of those provinces and states that observe DST will reset their clocks back one hour to Standard Time (ST) and thereby “gain” the hour of sleep that they lost in the spring. For DST watchers, 2005 was quite a year. As an energy-conservation measure, the United States Congress passed *The Energy Policy Act of 2005* that starts DST on the second Sunday of March and ends it on the first Sunday in November. DST currently runs from the first Sunday in April until the last Sunday of October. The change will commence in the spring of 2007. Congress's move initially took Canadian governments by surprise. Now, provinces and territories are considering whether to follow suit, given the strong economic ties between the two countries. On October 20, 2005, Ontario 's Attorney General, Michael Bryant, announced that Ontario 's daylight saving time regime would remain synchronized with the United States. This backgrounder will examine basic questions, history and other interesting facts related to both Daylight Saving Time and Standard Time.▲

2. What is Daylight Saving Time?

The practice of advancing the clock one hour ahead of Standard Time for a period of approximately six months is known as Daylight Saving Time (DST). Daylight Saving Time, also known as "summer time" in some countries, is a deviation of **Standard Time**. In 2005, DST begins in Canada and the United States, at 2:00 a.m. on the first Sunday of April and ends at 2:00 a.m. on the last Sunday of October. The goal of DST is to shift the hours of human activity to make better use of the

daylight.¹ DST provides a longer period of daylight to enjoy outdoor activities during summer evenings. The decline in the use of artificial light and appliances conserves fuel and energy thereby generating financial savings. Studies done by the U. S. Department of Transportation in the 1970s show that the country's electrical usage declined by about one percent each day with DST.²

The need to conserve fuel and energy has taken on a new urgency in several American states over the past five years. In 2000, the experience of brownouts and rolling blackouts prompted legislators from California and several Western states to consider year-round DST or even Double Daylight Saving Time (DDST) as a means of reducing power consumption.³ In 2005, the U.S. Congress passed the *Energy Policy Act of 2005*. President George Bush signed it into law on August 8, 2005. As an energy conservation measure, the Act declared that commencing in 2007, DST will start three weeks earlier in the spring and end one week later in the fall.



3. What is Standard Time?

Sir Sandford Fleming, a Canadian railroad planner, engineer and citizen of Peterborough, Ontario created Standard Time. Prior to the establishment of Standard Time, local time was set by the position of the sun at midday (**solar time**). As a result, time varied from community to community. Prior to 1883, there were 100 or more local time zones in the United States based on solar time.⁴ The development of the railways in the mid-19th century put local time in one community at odds with local time in another. This led to much confusion and annoyance in terms of scheduling.

Before Sandford Fleming invented Standard Time, 12 p.m. in Kingston was twelve minutes later than 12 p.m. in Montreal and thirteen minutes before 12 p.m. in Toronto. Noon was the time when the sun stood exactly overhead. This was the way clocks were set all over the world. In the old days, locally-based time made sense to everyone, but with the introduction of railways, it became highly inconvenient and inefficient. Imagine traveling across the country by train. At every stop along the way, you would have to reset your timepiece by the local clocks. Travelers sometimes carried a number of watches, or one with six different faces, each labeled with the name of a different city. It was also a nightmare for railway stationmasters, who could not deal with train schedules based on local time. The result was chaos for a transcontinental railway.⁵

Sir Sandford Fleming (1827 – 1915)



Graphic reproduced by kind permission of National Research Council of Canada and the Canadian Science and Engineering Hall of Fame.

Resources

(bolded text links to a web document, a call number indicates the item is in the Legislative Library. Call 325-3901)

Sir Sandford Fleming

Canadian Science and Engineering Hall of Fame

Sir Sandford Fleming

The Canadian Encyclopedia

Clark Blaise, *Time Lord: The Remarkable Canadian who Missed His Train, and Changed the World*, Toronto: Random House, 2000.

Lawrence J. Burpee, *Sir Sandford Fleming Empire Builder*, [London]: Oxford University Press, 1915.

B F 629 B (old class)

Hugh Maclean, *Man of Steel The Story of Sir Sandford Fleming*, Toronto: the Ryerson Press, 1969

B F 629 M (old class)

Lorne Edmond Green, *Sandford Fleming, The Canadians* (Don Mills: Fitzhenry & Whiteside Limited, 1980).

625.1 G 82 1980

Doris J. Unitt, Andrew Osler, Edward McCoy, *Sir Sandford Fleming*, (Peterborough: Review Printing Co. Ltd., 1968).

B F 629 Un (old class)

The solution was to adopt a system by which the clocks would read consistently in one large region. In the late 1870s, Sandford Fleming advocated the adoption of a world-wide standard or mean time. He was instrumental in convening an **International Prime Meridian Conference** in Washington in 1884 at which the system of international Standard Time was adopted with 24 meridians, each 15 degrees (one hour) apart in longitude, starting from **Greenwich, England**, the prime meridian. Each time zone would keep the local time of the meridian that bisected it.

Standard Time zones were first used by the railroads in the United States and Canada on November 18, 1883. Standard Time was not enshrined into U.S. law, however, until March 19, 1918 when the *Standard Time Act* came into force.⁶

Standard Time Resources

(bolded text links to a web document, a call number indicates the item is in the Legislative Library. Call 325-3901)

The New Encyclopaedia Britannica, Volume 11, 15th ed., Micropaedia (Chicago: Encyclopaedia Britannica, 1998), p. 208.
CORE 031 N 42 1998 v.1-32

Ian R. Barkky and Elizabeth Harrison, "Standard and Daylight Saving Time," *Scientific American*, Vol. 240 No. 5 (May 1979), pp. 46-53.
Per

Standard Time

The Columbia Encyclopedia, Sixth Edition. 2001.

The Invention of Standard Time

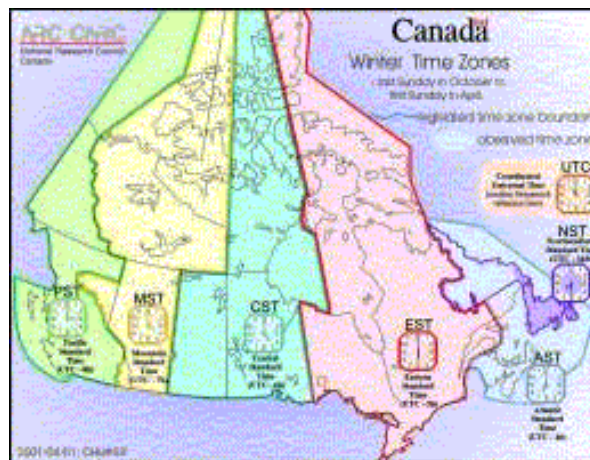
The Canadian Encyclopedia



The Time Zones of Canada

There are six time zones in Canada:

Newfoundland Standard Time (NST), 3½ hours from the Greenwich meridian;
Atlantic Standard Time (AST), 4 hours from Greenwich;
Eastern Standard Time (EST), 5 hours from Greenwich;
Central Standard Time (CST), 6 hours from Greenwich;
Mountain Standard Time (MST), 7 hours from Greenwich; and
Pacific Standard Time (PST), 8 hours from Greenwich.



Map reproduced with the kind permission of the Institute for National Measurement Standards, National Research Council of Canada. Click for a [better view](#) or [more information](#).



Newfoundland's Unique Time Zone

Many people wonder why the Province of Newfoundland has a time zone that varies by the half hour rather than the standard one hour. While the system of Standard Time employs 24 meridians, and each are theoretically the centres of 24 Standard Time zones, some adjustments have been made to the time zones for the convenience of inhabitants within the zones. Newfoundland, (but not Labrador), lies squarely in the eastern half of its time zone, exactly three and a half hours from Greenwich. The Newfoundland government attempted to bring the province into conformity with the other Atlantic Provinces in 1963, but withdrew in the face of stiff public opposition. Other countries that operate on the half hour time difference are Suriname, Iran, India, Sri Lanka, and Central Australia.⁷



4. Brief History of Daylight Saving Time

Benjamin Franklin made one of the first references to saving daylight in 1784 in a whimsical letter to the *Journal de Paris*, while serving as the American Minister to France. Awakened by an unexpected noise at 6:00 a.m., he noticed the room was filled with daylight. His servant had forgotten to fasten the shutters before bedtime. This realization about daylight intrigued Franklin. For the next six months (between March 20 and September 20), he estimated that, on average, Parisians would sleep seven hours after sunrise, and therefore could save seven hours of candlelight if they changed their habits and rose earlier with the sun. Thus, Benjamin Franklin became one of the earliest proponents of altering the hours of human activity to make better use of the daylight. With half seriousness he advocated a four-fold proposal known as an "Economical Project." In it he suggested 1) levying a tax on closed shutters; 2) supplying families with only one pound of candles per week; 3) forbidding coaches in the street after sunset; and 4) having the church bells toll every morning as soon as the sun rises. Where church bells were unsuccessful in rousing citizens, cannons should be used.⁸

Next, in 1907, **William Willett**, a London builder proposed setting clocks ahead by 80 minutes in four moves of 20 minutes each during the spring and summer. In his pamphlet called *The Waste of Daylight*, he wrote,

Everyone appreciates the long, light evenings. Everyone laments their shortage as Autumn approaches; and everyone has given utterance to regret that the clear, bright light of an early morning during Spring and Summer months is so seldom seen or used.⁹

In 1908, an MP of the British Parliament (Robert Pearce) became intrigued with the ideas of William Willett. The Member introduced a daylight saving bill for the purpose of advancing the clock by one hour in the spring and returning to Greenwich Mean Time in the fall. The ensuing debate was highly contentious. The bill was rejected, as were several subsequent DST bills. In 1914 World War I erupted across Europe. The idea of energy conservation for the war effort grew in importance. Many British miners had enlisted and the output of coal was diminishing. DST, though still controversial, was now viewed in a more positive light.¹⁰

Germany was the first country to adopt DST. On April 6, 1916 the German Federal Council declared that summer daylight saving time would be adopted in Germany as a wartime measure, starting the last Sunday of April and continuing until the first Sunday in October. Countries with close economic or political ties to Germany soon followed Germany's lead (Austria-Hungary, Holland, Denmark and Sweden).¹¹

On May 17, 1916, *The Summer Time Act of 1916* was passed into law by the British Parliament. It established British Summer Time for 1916 and permitted extensions for the duration of the War. This event transpired eight years after MP Robert Pearce had sponsored the first DST bill and one year after the death of William Willett, the man whose ideas inspired

the first DST bill.¹²

Clocks were advanced one hour ahead of Greenwich Mean Time during the summer months. During the first World War, clocks in several countries, including Australia, Great Britain, Germany and the United States were advanced one hour in an effort to save energy used for artificial lighting. In the United States, the measure proved unpopular, so it was repealed after the war. During the Second World War, Congress reinstated DST from February 2, 1942 until September 30, 1945. England used "double summer time," advancing the clocks two hours from Standard Time in the summer and one hour in the winter. In Canada, federal legislation established DST during a limited portion of the Second World War.

Between 1945 and 1966, there was no federal law regulating DST, and the U.S. allowed state and municipalities to observe DST or not. By 1966, 100 million Americans were observing DST through local laws. This brought havoc to industries in the transportation and communications sectors. Trains and buses had to publish new schedules each time a state or town began or ended DST. A transportation industry committee began to organize in support of time uniformity. During their campaign the committee was horrified to learn that on the 32-mile stretch of highway (Route 2) between Moundsville, West Virginia and Steubenville, Ohio, the bus driver and passengers had to endure seven time changes.¹³ Congress decided to end the disorder and establish one pattern across the country with the Uniform Time Act of 1966 (**U.S. Code, Title 15, Subchapter IX**). The legislation decreed that DST would begin on the last Sunday of April and end on the last Sunday of October. The U.S. Department of Transportation oversees DST in the United States.¹⁴

In response to the OPEC oil embargo, in 1974 and 1975 Congress placed the country on year-round DST on a trial basis in an effort to conserve energy and to explore what advanced-time period would be most acceptable to the country.¹⁵ Congress discontinued the extended DST period in 1975 due to an outcry from the farming states and reinstated the six-month practice. At the end of the two-year trial, the U.S. Department of Transportation concluded that DST saves energy, prevents traffic injuries (except for the months of November through February), and reduces peoples' exposure to crime.

In 1986, President Reagan amended the law to commence DST three weeks earlier, to the first Sunday of April. No change was made to the end date. This was done to conserve energy for the entire month of April. It is estimated that extending DST back from the last Sunday of April to the first Sunday yields savings of 300,000 barrels of oil nationwide.¹⁶ Today, the change to DST on the first Sunday in April and the last Sunday in October also marks the more recent, semi-annual ritual where households are encouraged to change the nine-volt batteries in their smoke alarms.¹⁷

As noted earlier, the United States Congress has decided to once again change the start and end dates of DST. A provision of the U.S. *Energy Policy Act of 2005* proposed to extend Daylight Saving Time by two months -- one month earlier in the spring and one month later in the fall. Opposition to the proposal caused the Congress to shorten its planned extension of DST to one month instead of two. *The Energy Policy Act of 2005* was signed into law by President George W. Bush on August 8, 2005. It will take effect beginning in 2007 on the second Sunday of March and continue until the first Sunday in November. In the U.S., it is recognized that the impact of DST on net energy consumption remains unclear. The Act stipulates that the U.S. Department of Energy (DOE) is required to study the impact of DST on energy consumption and report its findings to Congress by the end of 2007 at the latest. Moreover, the U.S. Congress retains the right to revert back to the "traditional" DST schedule once the DOE study is complete.¹⁸

This U.S. proposal initially took Canada by surprise. Many commercial stakeholders and provincial leaders expressed concern about confusion and economic disruption if the two countries fell out of alignment with respect to time. After the U.S. Bill was signed into law, the premiers added the topic to the agenda of their annual summer meeting.

Ontario's Response

The Ministry of the Attorney General (AG) administers *The Time Act* in Ontario. Attorney General, Michael Bryant, delegated the task of investigating the impact that the extension of DST could have on the different sectors in Ontario, to his Parliamentary Assistant (PA), Mr. David Zimmer. The PA led an inter-ministry committee over a period of three months with the goal of preparing a report with recommendations for Cabinet. The PA also created a website and held consultations with different levels of government into the question of harmonizing with the United States on DST. According to Attorney General Bryant, "Representatives from finance and capital markets, trade, manufacturing and

industry unanimously urged us to harmonize daylight saving with the U.S. In fact, they told us that any misalignment could have a real and negative impact, namely: trade disruption as well as cost coordination, delivery system supply chain and border pressures.”¹⁹ On October 20, the Attorney General announced that Ontario will synchronize its DST schedule with the U.S. Parliamentary Assistant David Zimmer told the *National Post* that “a good, solid 75% [of Ontarians consulted] were in favour of extending DST.”²⁰

Daylight Saving Time Resources

(bolded text links to a web document, a call number indicates the item is in the Legislative Library. Call 325-3901)

David S. Prerau, *Seize the Daylight: the Curious and Contentious Story of Daylight Saving Time*, (New York: Thunder’s Mouth Press, 2005)
389.17 P 92 2005

The New Encyclopaedia Britannica, Volume 3, 15th ed., Micropaedia (Chicago: Encyclopaedia Britannica, 1998.), p.925.
CORE 031 N 42 1998 v.1-32

The Canadian Encyclopaedia, Volume 4, 2nd ed., (Edmonton: Hurtig Publishers, 1988), pp. 2162-3.
971.00321 C 16 1988 v.1-4

Bob Aldrich, Information Officer, California Energy Commission, "[Saving Time, Saving Energy: Daylight Saving Time, Its History and Why We Use It](#)," (September 27, 2001).

Dynamic Educational Advancement (IDEA), WebExhibits, "[Daylight Saving Time – First there was Standard Time](#)"

Daylight Saving Time

The Columbia Encyclopedia, Sixth Edition. 2001



5. Do All Canadian Provinces/Territories Observe DST?

All provinces observe daylight saving time except Saskatchewan, which remains on Central Standard Time (CST) year-round. The question of daylight saving time in Saskatchewan has been overshadowed by the more pressing question of whether to accept Mountain Standard Time (MST) or Central Standard Time as the uniform time in the province.

There are some in the province who argue that, in a sense, Saskatchewan is already observing Daylight Saving Time. This is because Saskatchewan observes Central Standard Time as the official time of the province instead of Mountain Standard Time (which is the "true" time associated with the 105° W meridian which runs through the middle of the province). Thus, Saskatchewan is observing time that is one hour ahead of the official Greenwich time for that part of the hemisphere.²¹

Prior to the implementation of *The Time Act* in 1966, the question of time in the province was the responsibility of Saskatchewan's municipalities. According to some observers, Saskatchewan presented the most complicated time picture of

any province in Canada. Under provincial legislation, bylaws could be passed at any time by conducting a plebiscite on the question of observed time. This resulted in a patchwork of time zones in Saskatchewan with urban communities favouring CST, rural communities preferring MST and still others favouring Daylight Saving Time (DST) as their local time.²²

In 1966, *The Time Act* established the current system. The Act was introduced to allow residents of Saskatchewan to have one uniform time in the summer, while allowing residents in selected areas on the western side of the province to vote on whether to observe either MST or CST during the winter months.²³

The Time Act, is silent on the question of Daylight Saving Time. Today, DST is observed only in the City of Lloydminster, (the Battle River Time Option Area).²⁴

From time to time, various interests in the province have argued that Saskatchewan should "spring forward" and synchronize its clocks with the rest of North America in April. It would alleviate confusion and the necessity for airlines, buses and trains to change their arrival/departure schedules twice a year, according to proponents.²⁵ Other supporters, such as the Saskatchewan Chamber of Commerce (SCC), passed a resolution during the Chamber's 2001 annual meeting calling for the Saskatchewan government to adopt DST. The SCC argued that adopting DST would "reduce energy consumption and increase tourism by using more of the available daylight for production and leisure activities."²⁶ 14 The Saskatchewan Urban Municipalities Association (SUMA) approved a similar resolution at its 2001 convention. The Association president wrote Premier Lorne Calvert in the fall of 2003 asking him to consider holding a provincial plebiscite in conjunction with the next provincial election on the matter of joining the rest of the country in adopting DST. Premier Calvert responded to SUMA's request, stating that the issue of time change is too divisive and the province would be better dealing with more unifying issues at this time.²⁷ The Saskatchewan Auto Dealers Association began a petition campaign in October 2004 requesting a two-year trial period of Daylight Saving Time. A total of 7,300 signatures were collected and the outcome was 2.7 to 1 in favour of a trial period. The auto dealers' announcement prompted media inquiries which led to a false assumption that the government was considering changes to the *Time Act*. According to the Minister of Government Relations: "We're not considering changes to the *Time Act*. We have simply requested a background paper on options. One of those options could be change, one of them could be no change. We have simply asked to be updated on current thinking and options."²⁸

For further information about time in Saskatchewan refer to: **The Saskatchewan Time System (A Scientific and Historical Background)** prepared by Municipal Relations Division, Saskatchewan Government Relations and Aboriginal Affairs, 2002.

Canada's newest territory Nunavut straddles three time zones – Eastern, Central and Mountain. When the Territory was first created, however, elected representatives wished to have all the people of Nunavut within a single time zone in an effort to create unity and ease of communication across the entire 2.1 million square kilometre area. Thus, on October 31, 1999, the new territory changed from three time zones to a single time zone (Central Standard Time). This immediately created concerns for people in the eastern region, where, during the winter, the sun was setting at 1 p.m. School children who set out in daylight were arriving home in complete darkness. Residents of Baffin Island in the eastern part of the Territory refused to adopt Central Standard Time. Hunters observed that the sun rose at 3:00 a.m. and unless they set out at that time, they would be short-changed by an hour of precious daylight.²⁹

In response to worries about the safety of school children and other concerns, the Nunavut government polled residents, business leaders and service organizations of every region within the territory seeking a compromise. In October 2000, the press reported the government's solution to the time zone conundrum. The Territory's time would conform to the Eastern Time zone for six months (starting October 29, 2000), and to the Central Time Zone for the next six months. Thus, at 2:00 a.m. local time on the last Sunday of October, when most Canadians were 'falling back' from Daylight Saving Time to Standard Time, residents of Nunavut were instructed *not* to set back their watches. This one hour "gain" would thus move Nunavut time into conformity with the Eastern Standard Time zone. It was further announced that at the end of six months when the first Sunday of April 2001 arrived and most Canadians were advancing their clocks forward an hour to Daylight Saving Time, that Nunavut clocks would, again, remain unchanged, thus moving the territory's time into conformity with the Central Standard Time zone for the next six months.³⁰

But the revised plan was not popular. On March 1, 2001, Nunavut's Minister of Justice, the Hon. Paul Okalik issued a statement explaining that effective Sunday, April 1, 2001, three time zones (Eastern, Central and Mountain) would be re-established for Nunavut. Mr. Okalik noted that the single time zone model had proved controversial since its inception. While changes were made to the single time zone model, these too had their shortcomings. Consulting with mayors and MLAs across the Territory, the Justice Minister heard that people favoured returning to three time zones for Nunavut. The government responded by amending the *Interpretation Act* accordingly.³¹

Not all Ontario municipalities observe DST. Atikokan lies 190 km west of Thunder Bay and falls within the central time zone. It does not change to DST in April and chooses to remain on Central Standard Time year round. The matter has been put to a vote during past municipal elections, but so far, the public prefers the status quo.

In Northwestern Ontario, the municipalities of Pickle Lake and New Osnaburgh lie just west of the 90th meridian which divides the eastern and central time zones. Like Atikokan, Pickle Lake and New Osnaburgh do not observe DST and choose to remain on Central Standard Time year round. In the view of township officials, it is not practical to make the twice-yearly time shift. The towns are northerly and lie between 50° and 51° latitude. As such, during summertime, it remains light well into the evenings. While these three towns may not adjust their clocks in April and October as do other Ontario municipalities, they must also adjust to the fact that for the fall/winter months of the year their local time conforms to Kenora in the central zone and for the spring/summer months matches Thunder Bay in the eastern zone.

In the U.S., all states observe DST except for the **Eastern Time Zone portion of the State of Indiana**³², most of Arizona (except the Navajo Indian Reservation in Arizona), Hawaii, American Samoa, Guam, Puerto Rico, and the Virgin Islands. The reason Arizona does not observe DST is partially based upon energy-conservation concerns. Residents want the summer sun to go down an hour earlier so that they can go outdoors after sunset when it's cooler. Observing DST would result in people staying indoors longer and using more air conditioning.³³ In the southern hemisphere, Queensland, the Northern Territory and Western Australia do not observe DST.



6. Who Regulates DST in Canada?

While the federal government regulated DST as national policy during the Second World War, and municipal governments had jurisdiction thereafter, provincial governments now regulate it through the statutes presented in the Table: Provincial Legislation and DST.

Table:
Provincial Legislation and DST

Province / Territory	Title of Act	Department / Ministry Administering the Act
British Columbia	<i>Interpretation Act</i>	Attorney General
Alberta	<i>Daylight Saving Time Act</i>	Justice and Attorney General / Solicitor General

Saskatchewan	<i>The Time Act</i>	Government Relations (formerly Government Relations and Aboriginal Affairs)
Manitoba	<i>The Official Time Act</i>	Intergovernmental Affairs
Ontario	<i>The Time Act</i>	Attorney General
Quebec	<i>The Official Time Act</i>	Justice & Municipal Affairs
New Brunswick	<i>The Time Definition Act</i>	Premier's Office
Nova Scotia	<i>The Time Definition Act</i>	Justice
Prince Edward Island	<i>Time Uniformity Act</i>	Attorney General
Newfoundland and Labrador	<i>Standard Time Act</i>	Municipal and Provincial Affairs
Yukon	<i>Interpretation Act</i>	Justice
Northwest Territories	<i>Interpretation Act: Daylight Saving Time Regulation</i>	Justice
Nunavut	<i>Interpretation Act</i>	Justice



7. Other Countries That Observe DST

Approximately 70 countries worldwide observe DST. Japan is the only industrialized country not to have introduced DST. (See [table](#)). But the dates that other countries observe DST vary. In 1996, the European Union (EU) standardized a EU wide "summer time period" which extends from the last Sunday in March through the last Sunday in October. In the UK, a Summer Time Order established the period of summer time. The start date for summer time commenced on the last Sunday in March extending to the last Sunday in October. As of 2002, the UK follows EU law on summer-time arrangements.³⁴

In Israel, DST is determined on a yearly basis, because religious considerations dictate that DST must end before the New Year. This can fall any time between early September and early to mid October. During the summer, Russia advances its clocks two hours ahead of Standard Time. During the winter, all 11 of the Russian time zones are one hour ahead of Standard Time. In the southern hemisphere, where summer arrives in December, DST is observed from October to March. Australian states observe DST from the last Sunday of October until the last Sunday of March. Equatorial and tropical countries do not observe DST since day and night are equal throughout the seasons.³⁵



8. Why "Daylight Saving Time" Instead of "Daylight Savings Time"?

There is no "s" because the term refers to saving daylight, which is singular.



9. Why Not Observe DST Year Round?

While some people would like DST year-round, there are practical reasons for avoiding it during the late sunrise months of November through February. At the end of the two-year trial in the U.S. in 1974-75, data compiled showed a statistically significant increase in fatal traffic accidents between 5:30 and 9:30 a.m. during the late sunrise months of January and February 1974, compared with 1973. While the increase in accidents could not be definitively attributed to Daylight Saving Time, DST as a factor in these accidents could not be ruled out either.³⁶ The morning darkness was and remains a concern for parents whose children wait for school buses or walk to school in the morning during November through February. In the rural communities, there is concern when young children have to travel down long laneways to catch the school bus.³⁷ Daylight Saving Time is most acceptable to the public when sunrises are not too late and sunsets are not too early.³⁸ Some experts believe that the best period for DST in terms of light symmetry, is the six month period starting on the first Sunday in April and ending on the last Sunday in September.³⁹

Following electricity shortfalls in California, in May 2001, the California state legislature sent a Senate Joint Resolution to the White House and Congress asking that the state be permitted to enact DST on a year-round basis. Initial reaction to the proposal by public officials showed that the idea had merit, but it would require more study. As of fall 2003, Congress and the White House had not yet acted on the request.⁴⁰

Similar efforts have followed. A Representative from California introduced legislation proposing year round DST and Double DST for the summer in four western states: California, Nevada, Oregon and Washington). California estimates that the practice would yield average energy savings of 0.5 percent during April to October. Critics argue that any benefits would be offset by the havoc it could cause. A senior official with the U.S. Department of Transportation recommended more study: "Clear and consistent time observance is crucial for maintaining bus, train and airline schedules. In addition, consistent time schedules and observance are crucial in assuring railroad safety because the same tracks are often used for trains heading in both directions."⁴¹ The President of the Utility Consumers Action Network in San Diego observed that: "It has the potential of creating a lot of confusion if it is not done with some manner of uniformity." Some argue that the proposal is too far-reaching. The President of an Electric Utility Benchmarking Association pointed out that a two-hour change would be a nightmare: "We do a lot of business with those in Australia who are springing forward in time every time we fall back. To make the shift double would be way too chaotic."⁴²



10. Opposition to Daylight Saving Time

Earlier this century, farmers were opposed to Daylight Saving Time as it was more convenient to do their chores in the morning light. Farmers have historically been opposed to Daylight Saving Time because their rising patterns had more to do with the rhythms of their agricultural vocation than the hour on the clock. DST is no longer a contentious issue among farmers, however, because the pervasive use of electricity and artificial light permits them to work in the absence of sunlight. Opposition to DST has been dropped from the U.S. Farm Bureau's policy book within the last few years.⁴³

Some people resent the twice a year inconvenience of adjusting their alarm clocks, and resetting the clocks on their various appliances.⁴⁴ Others dislike adjusting their sleeping patterns and find the change disruptive and disorienting. They complain that adjusting to DST or back to Standard Time is "like getting jet lag without even leaving home."⁴⁵

Stanley Coren, who authored the book *Sleep Thieves*, published data claiming that the spring shift to DST increases driver fatigue resulting in an increase in automobile collisions.⁴⁶ Other experts dispute these claims.⁴⁷ However, a Hamilton sleep disorder specialist has observed that the loss of as little as one hour of sleep (as happens during the shift to DST) can have a significant impact on individuals already suffering from sleep deprivation.⁴⁸

Researchers at Stanford and Johns Hopkins universities claim that there may be a link between the spring change to DST and an increase in auto accidents. Reporting their findings in the journal *Sleep Medicine* the researchers observed a significant increase in the number of fatal auto accidents on the Monday following the spring change to DST. They reviewed records on fatalities kept by the U.S. National Highway Transportation Safety Administration from 1974 to 1995. The data showed an average of 78.2 fatalities had occurred during the weeks prior to the shift while an average of 83.5 fatalities occurred immediately following. According to the researchers: "As expected for this physiological change, the effect was significant for the first working day (Monday) after the change but not for the day of the change (Sunday) when people had a chance to sleep in."⁴⁹ Several economists from British Columbia have suggested that disrupted sleep routines lead to unusual declines on the stock market on the Monday following the start/end of DST.⁵⁰

Finally, Robertson Davies, who wrote under the pseudonym Samuel Marchbanks for the *Peterborough Examiner* in the 1940s, made these whimsical observations about Daylight Saving Time:

Went cheerfully through the whole day without realizing that the usual haphazard tinkering with the clocks was in progress, and that I should have been enjoying the benefits of Daylight Saving Time. I don't really care how time is reckoned so long as there is some agreement about it, but I object being told that I am saving daylight when my reason tells me that I am doing nothing of the kind. I even object to the implication that I am wasting something valuable if I stay in bed after the sun has risen. As an admirer of moonlight I resent the bossy insistence of those who want to reduce my time for enjoying it. At the back of the Daylight Saving scheme I detect the bony, blue-fingered hand of Puritanism, eager to push people into bed earlier, and get them up earlier, to make them healthy, wealthy and wise in spite of themselves.⁵¹



Notes

1 David S. Prerau, *Seize the Daylight: The Curious and Contentious Story of Daylight Saving Time* (New York : Thunder's Mouth Press, 2005), p. xv.

2 California Energy Commission, Bob Aldrich, *Saving Time, Saving Energy: Daylight Saving time, Its History and Why We Use It* (2005), Internet site at <http://www.energy.ca.gov/daylightsaving.html> accessed on **October 6** , 2005.

3 Year-round DST occurs when countries advance their clocks ahead by one hour throughout the entire year. The U.S. Congress placed the United States on DST in 1974-75 for eight and ten months respectively as an energy conservation measure in response to the OPEC oil embargo. The effort worked, but Congress discontinued the practice in 1975 due to opposition from the farming states. Double Daylight Saving Time or DDST would advance the clocks by two hours in the summer months only, and is thought to yield energy savings. During WWII, Great Britain used DDST during summer months (known as "Double Summer Time") and experienced more energy savings than with DST. To date, the United States has not experimented with Double Daylight Saving Time. See: United States, U.S. House of Representatives, Committee on Science, Subcommittee on Energy, Hearing Charter for Hearing on "Energy Conservation Potential of Extended and Double Daylight Saving Time." (24 May 2001) n.p.

4 United States, U.S. House of Representatives, Committee on Science, Subcommittee on Energy, Hearing Charter for

Hearing on "Energy Conservation Potential of Extended and Double Daylight Saving Time." (24 May 2001) n.p.

5 The CRB Foundation Heritage Project, "Sandford Fleming makes trains run on time." Internet site at <http://heritageproject.ca/media/minutes/expanded/ssflem.htm> accessed on 4 October 1999.

6 Institute for Dynamic Educational Advancement (IDEA), WebExhibits, "Daylight Saving Time – First there was Standard Time." Internet site at <http://www.webexhibits.com/daylightsaving/d.html>, accessed on 4 October 1999.

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10 David Prerau, *Seize the Daylight: The Curious and Contentious Story of Daylight Saving Time* (New York : Thunder's Mouth Press, 2005), pp. 52-53.

11 Ibid., p. 53.

12 Ibid., p. 57.

13 Institute for Dynamic Educational Advancement (IDEA), WebExhibits, "History and Information – Daylight Saving Time, Early Adoption, U.S. law." (2001) Internet site at <http://webexhibits.org/daylightsaving/e.html> accessed on 13 May 2003.

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16 Institute for Dynamic Educational Advancement (IDEA), Web Exhibits, (2001). Internet site at <http://webexhibits.org/daylightsaving/i.html> accessed on 13 May 2003.

17 Bob Aldrich, Information Officer, California Energy Commission, "Saving Time, Saving Energy: Daylight Saving Time, Its History and Why We Use It," 2003. Internet site at <http://www.energy.ca.gov/daylightsaving.html>, accessed on 13 May 2003.

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